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the quality of inter-personal relations: 12

TEPOZTECANS are not an easy people to get to know; they are not an outgoing or expressive people. Most inter-personal relations are characterized by reserve, constriction, and carefully guarded behavior. Spontaneous or informal behavior is limited to the most intimate relationships and rarely occurs in public. Tepoztecans do not like to attract attention by word or deed, and self-control is learned early. In the presence of adults, children are expected to be unobtrusive.[1] In large public gatherings of adults and children, there is a minimum of noise. A family whose quarrels or boisterousness can be heard by passers-by soon earns a poor reputation.

In the street, most faces are somber and quiet; smiles, brief and appropriate; hearty laughter, rare. Women and girls are expected to walk with eyes downcast and those who smile freely may be suspected of being flippant and flirtatious. Adolescent girls, in particular, must have good facial control, for even a glance of interest may be taken as a sign of encouragement by some hopeful male. To smile unnecessarily at other people's infants is to be suspected of the evil eye, and most children do not learn to smile at strangers or visitors until they attend school.

Correct behavior is important at all times, at home, with friends, with relatives, and in public. Only in the case of old people and men who are drunk are deviations from customary reserve tolerated. Nevertheless, men recovering from drunkenness are apt to worry over having committed some improper act, such as behaving disrespectfully to a *compadre*. For this reason, men are careful about choosing drinking companions; individuals in a respect-relation, such as father and son, uncle and nephew, and *compadres*, must never drink together.

There are no fiestas in Tepoztlán which are openly bacchanalian in character, or in which women as well as men become drunk and promiscuous as in some other parts of Mexico. Even at the Carnaval, when Tepoztecans behave with relative freedom, the leading participants are disguised in masks and costumes, and whatever love-making takes place is done secretly.

[1] Only during the recreation hour in school do children make a great deal of noise and play wildly. The play pattern in school is in sharp contrast with that at home and is clearly out of keeping with the older culture pattern.

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The quality of constriction is also reflected in artistic expression and creativeness, both of which are limited. There are practically no handicrafts, no pottery, no weaving, no basketmaking. Although sewing, knitting, crocheting, and embroidery are becoming more widespread as a result of the influence of the cultural missions, the patterns used are purchased in Cuernavaca stores or copied from style magazines, and this work can hardly be called creative.

Music and the dance are very poorly developed. There are no traditional dances for men and women. The only traditional step used is the *brinco*, literally "the jump," which is a short jumping or skipping step done repeatedly without variation, to the accompaniment of a simple and monotonous melody played over and over. Only men are permitted to dance this step, and they do so singly or arm in arm with others, around the plaza in a large circle.

Modern social dancing has been learned by some of the more acculturated young people, and dances are held about once a week in the plaza under the uncertain light of a Coleman gasoline lamp. Social dancing has not become popular; most parents still refuse to permit their daughters to attend these dances, and boys have difficulty finding partners. By and large, the dancing lacks skill and grace and the dances seem dreary affairs. The school teaches a few traditional dances from other parts of Mexico, and these are occasionally performed in public by the school children. Most children, however, do not participate or have occasion to use these dances later. In short, the dance is not an important part of Tepoztecan life.

Musical expression consists primarily of singing typical regional songs to the accompaniment of the guitar. The local manner of singing is characterized by loudness and shouting, with little variation of style. These songs are sung exclusively by unmarried youths. Groups of boys or girls may serenade a friend or relative at dawn with the *mañanita*, or birthday songs, which are popular throughout Mexico. Perhaps the best singing occurs in the church where a selected choir of women and children sing under the direction of the *cantor*. New types of songs are being introduced by the school but are sung only by children; popular songs of the city, heard on the radio, are sung by girls in the privacy of their homes.

There are a number of bands of musicians who perform at local fiestas, dances, and at the more elegant weddings, baptisms, and funerals. These bands have a broader repertory than the singers, and play well-known music of Mexico and other nations. In musical skill, however, they compare unfavorably with the village guitar players and with musicians in other parts of Mexico and Latin America.

There is very little storytelling, and unlike villages in Spain, there is no rich lore of proverbs or sayings. Also, mothers generally do not sing to their children.

The clothing of the villagers is somewhat drab. The bright colors found in some parts of Mexico—the red skirts of Cherán, the red seed necklaces of the Tarascan women, the flamboyant serapes and *rebozos* of the south, the colorful pottery of Puebla and Oaxaca—are missing in Tepoztlán. Bright colors, particularly in clothing, are not in accord with Tepoztecan ideas of propriety, and only young girls are now beginning to wear them. Older women wear dull colored dresses,

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from his father. A man who fathers children with many women is placed under no social pressure to support his offspring or to marry the mother of any of them. Even in the case of a daughter's elopement, an act made worse by its rebellious flouting of parental authority, forgiveness is usually forthcoming after a lapse of time.

Sexuality is discouraged from childhood on; sex is a taboo subject within the home. Infant sexuality, masturbation, and sexual play among children, as well as curiosity concerning the bodily functions, is forbidden and punished. It is one of the more important obligations of the parent to keep their children "innocent," or, as they say, "to keep their eyes from being opened." The separation of the sexes for work and play begins from about age seven to ten and is strictly enforced at puberty. Coeducation in the school violated this basic attitude and was bitterly opposed by parents. Girls are unprepared for menstruation, which comes as a shock to most of them; girls will rarely confide in their mothers about menstruation or other intimate subjects.

In most inter-personal situations, Tepoztecans do not express affection in a demonstrative fashion and generally avoid bodily contact. Perhaps the major exception to this occurs in the mother-child relationship during the nursing period, when the child is held, fondled, and sometimes kissed. In courtship there is an increasing amount of demonstrativeness and physical contact, but kissing is still not customary.

Tepoztecans learned the Spanish custom of kissing the hand of the priest and of parents and godparents, but it never came easily to them and is now disappearing. The shaking of hands in greeting and departure and the typical Mexican double embrace are not generally practised in Tepoztlán and occur only among politicians and some of the more citified families. When Tepoztecans are drunk, this restraint is frequently relaxed, and male companions will walk arm in arm, and men may hug and even kiss their children and wives in the privacy of their homes.

It must be apparent from the preceding pages that Tepoztecans are not, on the whole, a very affectionate people and that means of expressing affection are limited. Normally, the Tepoztecan shows his affection for his children by hard work, good habits, and by providing them with the necessities of life; the child expresses his affection for his parents by obedience, respect, and diligence. Other inter-personal relations reveal good will or affection in so far as they fulfill the required reciprocal behavior. If these formal or practical qualities exist between people, Tepoztecans consider that they have a satisfactory relation with each other, and little else is demanded.

Between parents and children there is now a noticeable tendency, particularly among the younger generation, to express affection and to seek it in terms of greater demonstration of personal interest in each other, in their wants and needs and general welfare over and above life's bare necessities. This interest may be expressed by greater giving of food, clothing, toys, sweets, gifts, and now, by a willingness to make sacrifices for an education. Tepoztecans, particularly men,

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often express affection most easily toward their dogs and other favorite animals.

The limited expression of affection in Tepoztlán is part of a larger pattern whereby what might be called the positive emotions—love, tenderness, kindness, sympathy, generosity, and joy—are less easily expressed and not as well developed as the negative ones, such as anger, hate, irritability, fear, jealousy, and envy. One of our informants with more insight than most Tepoztecans succinctly described the lack of warmth and positive emotion by saying, "Somos muy secos," that is, "We are dry." This is related to their general world view and their conception of human beings, both of which tend to stimulate negative emotional responses.

There is a readiness to view people as potentially dangerous, and the most characteristic initial reaction to others is suspicion and distrust. Lack of trust is not only present among non-relatives but also exists within families and affects the relations of husbands and wives, parents and children, and brothers and sisters. This is not a neurotic distrust, but one rooted in the hard realities of Tepoztecan social and economic life, in patterns of child-training, and in a long history of conquest, colonial status, and internal and external political and economic exploitation. In Tepoztlán, the motives of everyone are suspected, from the highest public officials of the nation, to the local priest, and even to close relatives. It is assumed that anyone in a position of power will use it to his own advantage at the expense of others. Honest government or leadership is considered an impossibility; altruism is not understood. The frank, direct person, if he exists anywhere in Tepoztlán, is considered naive or the greatest rogue of all, so powerful or shameless as to have no need to conceal his deeds or thoughts. An individual who is obliging without cost to those who seek his aid is understood to have some as yet unrevealed plan for capitalizing on his position.

Friendships, as defined in terms of mutual trust, loyalty, aid, and affection directed toward one individual are few in Tepoztlán, and are avoided rather than sought. Friendship as such is not a Tepoztecan ideal and is not institutionalized in the form of a best friend or in any other way. Cases of lifelong friendships are rare and are almost always limited to the more acculturated families. Friends are viewed by adults as potential enemies, as a source of trouble, and as a waste of time. Traditionally women and girls are not supposed to have any friends whatsoever. While one may have friendly relations with individuals in Tepoztlán, these relations are segmented in that each is limited to one or two purposes. With one individual, there may be a work exchange relationship; with another, a borrowing relationship; and with others, a drinking relationship.

An exception to this is a type of friendship among men and youths known as the *cuate*, which means "twins."[6] These are more in the nature of close alliances made between two or more individuals of the same age group for a more generalized companionship. The *cuate* is depended upon for loyalty and defense in time of trouble, for political support, and for companionship in drinking, in

[6] The *cuate* is not traditional in Tepoztlán, having been introduced by soldiers from outside during the Revolution.

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578 626 A man who believes himself to be the butt of an *indirecta* will also usually leave the group, but sometimes the statements are so obvious and crude that he interprets them as a challenge to fight. However, rarely does a fight occur as a result of such a situation; rather, the insulted person waits for an opportunity to harm the other secretly, and he, in turn, spends many an uneasy hour not knowing what to expect.

Gossip is unrelenting and harsh in Tepoztlán, especially when directed against an individual or family with whom there is a grievance. Facts about people are unconsciously or maliciously distorted, and gossip sometimes leads to tragedy. Relatives and neighbors are quick to believe the worst, and motives are always under question. A woman who puts on her best dress and takes a bus to Cuernavaca is said to be going to meet a lover. A girl who leaves town to work or study is going "to throw away a baby." A man who has gained weight and wears better clothing than before, for no known reason, must have been stealing. A wife who dominates her husband must have bewitched him.

There is a readiness to inform on others and to carry complaints to the head of the family. Neighbors and relatives are quick to let parents know that their daughter has been seen talking or walking with a boy, or that their child has been throwing stones. Claims for even slight damages are readily made. For example, a widow selling squash in the market place made a row and demanded payment when someone's two-year-old son knocked over a squash and caused the stem to fall off.

[156] Successful persons are popular targets of criticism, envy, and malicious gossip. A new calf or cow may come home with a deep slash from someone's machete. Some unknown enemy may stone another's dog or drive away his chickens or pigs.

[609] Tourists, government representatives, or other outsiders, whether from another country, state, or village, are favorite targets for private ridicule which is often carping and picayune. Their way of dress, their speech, their manners are all fair game, and any mishap they suffer or error they make gives special delight. Most

[522] of the humor in jokes, stories, and conversation is in the form of ridicule of some

[535] person or group. At the Carnaval it is the custom for some of the masked dancers to caricature and criticize public figures, much to the glee of the villagers.

[793] Even the priest is not above criticism. At one period in the history of the village there was so much criticism of successive priests sent in from the outside that the archbishop decided to punish the village by threatening to withhold a priest for seven years. However, a Tepoztecan who had studied for the priesthood agreed to

[551] take the job and retained it successfully for many years. Nicknames are common and also tend to expose personal weaknesses, sometimes to an embarrassing degree. In addition to personal nicknames, there are also nicknames for each of the barrios and villages within the municipio.

578 754 [156] [152] The most feared, but perhaps least common, form of indirect aggression is sorcery. Fear of sorcery is not omnipresent. It occurs only when a person has reason to expect it as the result of having injured or insulted another or of having become wealthy or otherwise outstanding. Young men and women are also apt to

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be bewitched as a result of romantic entanglements, and some mothers express anxiety over this and warn their children to be careful. Chronic illness and most deaths accompanied by swelling of the head or other parts of the body are frequently attributed to sorcery.

This situation makes for an oppressive atmosphere, particularly for those individuals who are striving to improve themselves or who, for one reason or another, deviate from strict conformity. It is most true for the more educated or acculturated minority and for a few of the well-to-do. Many of these people give evidence of neuroticism and display the type of tension and discomfiture so often noted among marginal groups who live within two cultures, not wholly accepting or being wholly accepted by either. We have had occasion to observe some of these people who moved to Mexico City, subsequent to our acquaintance with them, and we were astonished to note the transformation which they invariably underwent. Their faces had become less impassive; they had gained weight; they looked happier and more relaxed; they laughed more and behaved with far less formality.

One girl who went to the United States with us described herself as feeling that a great weight had been lifted off her shoulders from the time she left Tepoztlán. She no longer had to worry about gossip, criticism, sorcery, secrecy, and felt more free to express herself as she wished. Of course, this sensation is common among all people who shift from a small rural town to a large city, but in Tepoztecans we noted more striking physiological, psychological, and personality changes.

The sanctions against the overt expression of aggression in inter-personal relations sometimes give rise to an interesting type of disease locally known as *muina*, an illness caused by anger, in which aggression is apparently turned inward against the self. The symptoms of *muina* are loss of appetite, inability to take food, vomiting, loss of weight, and very often death. *Muina* is a fairly common condition and occurs among members of both sexes, primarily among adults but sometimes even among children. It may be caused by insult, humiliation, bad luck, or any other frustration which arouses anger. People with *muina* are not supposed to eat certain foods lest they become seriously ill. The dangerous foods include pork, eggs, milk, bananas, avocados, *chirimoya*, and most "hot" foods.[6]

There are also situations in which the direct expression of aggression is sanctioned, and other occasions in which it is expressed despite community sanctions against it.

Aggression is sometimes expressed directly in the beating of children, wife, or younger sisters or brothers. Men also beat their animals in moments of anger, although generally they are careful not to injure them. Attitudes toward wife beating and child-beating have been changing in the direction of disapproval. In extreme cases of cruelty, the guilty party may be denounced to the authorities and punished. Most cases of wife-beating now occur only when the men are drunk.

[6] It is interesting to note that most of the foods to be avoided contain considerable fat or oil. This suggests the possibility that the emotional disturbance causes liver disorder which makes the patient extremely sensitive to fat and unable to digest it.

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In anger Tepoztecans frequently throw stones at an offending person or animal. If a man is not pleased with his food he may throw it to the ground. Some women throw household objects in a fit of temper. Small children express rage in temper tantrums; and fighting among children, particularly boys, sometimes occurs in the absence of adults. Assault and murder also occur from time to time.

Fighting or attack is rarely the result of a direct challenge but may occur if two enemies meet when drunk or when one is ambushed by another. There is no tradition of giving warning or a "sporting chance"; rather, the victim is generally taken unaware, preferably under cover of darkness. A man may be beaten, shot, or fiercely slashed with a machete. Often the aggressor hits and runs without pausing to ascertain the condition of the victim. Several men, principally *políticos*, bear scars from such attacks. Men in positions of wealth, power, or authority habitually carry a gun for protection and prefer not to venture out at night. The authorities generally are unable to apprehend the culprit, who flees the village for a time.

Viewed historically, revolutions, civil wars, and political upheavals have offered a major outlet for direct aggression. It must be noted, however, that militarism and the glorification of the soldier are not Tepoztecan ideals. The history of the Revolution of 1910-20 in Tepoztlán reveals much bickering and feuds and a great deal of killing for reasons of envy and the seeking of power. Tepoztecan generals and other leaders were killed by jealous rivals within their own ranks as much as in battle.

How do Tepoztecans seek security in this environment? Security is sought first and foremost through the economic independence of the biological family. Work, industry, and thrift, for the purpose of accumulating property in land and animals, are the highest, most enduring values in Tepoztlán. To be able to provide the family with food, clothing, and shelter is the only real assurance against want or interference. To many, hard work becomes an end in itself. So long as a man devotes his time and powers to work, he feels secure and blameless; he judges his worth by the amount of his labors, rather than by what he produces. Thus, Tepoztecans frequently say that all is well even though they eat only *tortilla con sal*.

The absolute emphasis upon the need to work and the brutalizing, isolating nature of the farmer's work have far-reaching effects on his personality and his relations with others. One of these effects is to make him an individualist with faith in his own power alone and with reluctance to seek or give economic aid, to borrow or lend, or to cooperate with others in public and private enterprises.

On the other hand, economic independence and individualism do not preclude certain loyalties, identifications, and reciprocities with others, but rather make these imperative for survival. Loyalty and cooperation within the biological family is a necessary adjunct to individual independence. Without a family to back him up, the individual stands unprotected and isolated, a prey to every form of aggression, exploitation, and humiliation known in Tepoztlán. The fate of lone widows and of orphaned or fatherless children is generally a sad one, even when the extended family offers help. Although the role of the extended family in protect-

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185 birth, but rather greater application to the task of earning money after its arrival. [426] The lack of foresight forces individuals into many distasteful borrowing situations and creates indebtedness among a people who abhor it.

177 There is comparatively little anxiety or sense of frustration in connection with personal success or self-development. What anxiety there is, stems from fear of a 152 hostile environment and from the poor quality of inter-personal relations. Excep- 571 tions to this are found primarily among the more educated and acculturated group, particularly among the youth who have been to school outside of the village. It is among these individuals that we find greater dissatisfaction, ambition, desire for self-development, and fear of personal failure. These are also the people who show signs of maladjustment in the village.

156 Of special interest, for the understanding of the relative absence of frustration or anxiety, is the tendency to shift personal responsibility to others or to imper- 183 sonal forces and to explain non-conformity in terms of magical or other supernatural [154] forces, which are believed to control the individual. The illness or death of a child may thus be attributed by the mother to the "evil eye" or to *espunto*, rather than [753] to her own negligence. Illness of a child after weaning will be attributed to jealousy rather than to the brusque change in diet or poor maternal care. A young girl who breaks all the rules and goes after a boy may be said to have been bewitched. A man who is dominated by his wife is said to have been drugged.

154 This shifting of responsibility is also expressed in other situations. In the short formal speech made by the parents to their future son-in-law, they remind him that 593 the decision to marry their daughter is his own, and that he must not blame them if she turns out bad. Parents sometimes express a certain amount of relief when a son or daughter leaves home to work or to marry, for they no longer feel responsibility for his or her behavior. It is also not uncommon for parents to comfort themselves with the same thought at the death of a child.

777 Other traits, such as fatalism, stoicism in the face of misfortune, passivity, accept- 154 ance of things as they are, and a general readiness to expect the worst, tend to lift from the individual the burden of personal responsibility for his fate, and perhaps help to explain the relative absence of guilt or self-blame. Even in the face of gross injustice, in which the individual is protected by law, there may be [691] little or no self-defense.

For example, a man who has been cheated out of a piece of property by a wealthier or more educated person may put up little fight on the ground that he will surely lose against the greater power of the other. A widow whose daughter was raped by a wealthy man did not press charges because, she said, "There is no justice for the poor and defenseless."

777 This attitude is even more striking in regard to injustices against society as a 626 whole or against village interests. Stealing public funds, misleading or mishandling [661] citizens by officials, or immoral behavior on the part of a person in power usually [208] go unpunished and often uncriticized in public, although there may be much private resentment. The absence of strong public opinion, which generally controls

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of money. But only the most aggressive wives try to break their husbands of the habit. 273

Drinking is an important emotional outlet for men. It is believed that drinking helps one to get over *muina*, and it is traditional for men to go out to drink after a quarrel at home. Sometimes the men come home drunk and aggressive; other times "because they lack judgment" they arrive full of affection and kiss and caress the members of the family. It is interesting that only under intoxication will husbands and fathers openly demonstrate their affection in this way. Repressed hostilities toward wife, mother, child, or others also frequently come out when a man has been drinking. Some husbands beat their wives only when drunk. Drinking to get courage to punish a wife, seduce a woman, or attack an enemy is also common. Men often give a particular shout or cry *"grita"* after drinking, to show that they feel brave. 593 [154] [152] [154]

Although women in Tepoztlán are not supposed to drink, a few women are known to drink regularly and have been seen in a drunken state. Drunken women often cry for hours at a time and are inconsolable. In contrast to men, they do not respond to intoxication with aggression or impulsiveness but with self-pity. Widows or abandoned wives, more than other women, tend to drink for comfort. A few modern young girls get together occasionally for drinking and smoking in secret, but they discontinue this after marriage. 273 [154] 584 [276]

PARENTS AND CHILDREN

The relations between parents and children in Tepoztlán are also conditioned by emphasis on respect and authority. Children are reared to respect and obey their elders and to submit to the will of their mother and father so long as they live under the parental roof. Not long ago, all children in Tepoztlán kissed the hands of their parents, grandparents, and godparents in greeting; now only a few families continue this custom, and children are embarrassed to do it in the presence of outsiders. In the smaller outlying villages in the municipio, hand-kissing is still a common practice. 593 [576] [178]

From infancy on, children in Tepoztlán are encouraged to be quiet, passive, and unobtrusive; older children are required to be obedient, self-controlled, and helpful. There is great emphasis placed upon "good" behavior in children, and the possibility of a child "not turning out well" is one of the fears of Tepoztecan parents. It is feared that a child who is badly raised will not be a good worker and will get into trouble. Such a child reflects ill upon his parents and is a cause for shame. 593 858

The responsibility of child rearing is felt as a heavy burden, particularly by mothers. Upon the death of a small child, it is not uncommon for the mother to comfort herself with the statement, "It is better thus, for who knows if he would have turned out well."

While both parents are held responsible by society at large for the care and conduct of their children, within the home the major burden falls upon the mother. It is the mother who feeds, bathes, and clothes the children and cares for them 593 855

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ing more from her, they show hostility when she fails them; receiving more from her, they feel dependent upon her. In general, the children are more emotionally involved with the mother than with the father. The word "mother" flung in anger during a quarrel is a strong insult and usually results in fighting and violence.

The father maintains his position of respect by being withdrawn from the children. Traditionally the Tepoztecan father does not carry infants except in emergencies, nor does he play with them. Children are sharply reprimanded for climbing on their father's lap or for grabbing his leg. Infants soon learn not to reach out to their fathers or expect much attention from them.

When four- or five-year-olds run to meet their father on his return from the fields, they are not permitted to jump on him but are taught to walk demurely at his side. As the child, particularly the son, gets older, the father becomes more receptive, but he does not permit physical contact, nor does he spend more time at home with the boy. The traditional way for a father to express his affection is to buy the child little gifts, give him pennies, or take him to the fields or to a fiesta. If the father is very pleased at the birth of a child, he will generally express his pleasure by purchasing as many protective amulets as he can afford.

The mother has more ways of demonstrating her affection for a child than has the father. She may kiss, fondle, or carry a nursing child as much as she wishes and may continue to do so until he is five. Generally, the mother avoids demonstrative affection for children after weaning. Because of the mother's position as server, dispenser of food, nurse, etc., she can express her affection by means of all of these. Giving more attention and pennies for sweets, serving larger portions of food, sewing more clothing, worrying over illness or accident, devoting more time to curing, and buying needed school supplies are all common means by which mothers express their affection for a child. Mothers also show their affection by not informing the father of the child's misdeeds or by intervening when the father is punishing the child. Such intervention and deception, although infuriating to the father, viewed as "natural" in a mother.

A child is always punished for flouting the authority of his parents and for unwillingness to work. Behavior which does not involve these has a good chance of being indulged, particularly if backed up by a show of temper, tears, whining, begging, or demanding. If a child wants something badly enough he generally gets it. Even in families in which children are beaten with severity and worked hard, they may get whatever it is they want merely because they "want it."

Parents, despite their authoritativeness, can be intimidated by a strong-willed child. Although children in Tepoztlán show obedience early, they are not completely submissive. The ways in which they can express their own tastes and desires with impunity or reward has made for a certain development of the ego. Children sometimes display a self-centered, demanding attitude in connection with food, clothing, money to spend, going to school or fiestas, and, more recently, time for play. The variety we find in both punishment and indulgence stems from differences in interpretation as to when parental authority is or is not involved. For some,

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876 "bad" boys. Other punishments are keeping a child in during the recreation hour; reporting bad behavior to the parents; giving out tasks, such as sweeping the classroom or yard, working in the garden, or writing an assigned sentence one hundred times. One girl was locked up in the henhouse for hitting other children. Parents generally approve of physical punishment in the school, and some think the school is now too lenient. In the past, it was common practice for parents who could not control their children at home to ask the teacher to discipline them. Children who are punished in school rarely tell their parents about it for fear that they will be punished a second time at home. Causes for punishment in school are inattentiveness, not knowing the lesson, fighting, and disobedience.

593 861 Other methods are also used to instill fear in the child. It is common for parents, particularly mothers, to threaten to desert their children, playing on the children's fear of becoming orphans. One mother said that she can get obedience from her children by telling them that she will stop eating and die so that they will have to live with a cruel stepmother. Children are told that if they are naughty they will be carried off by a stranger who will make soap out of them. Any passer-by, and recently the *gringo*, is used to frighten children in this way. In Tepoztlán, where children have occasion to see many tourists and outsiders coming and going, the fear of strangers has worn off, but in the nearby smaller villages children run to hide when an unfamiliar person appears in the streets.

[609] [184]

593 861 538 [825] Many mothers and grandmothers tell children stories of owls and coyotes coming out at night to eat bad children and of bats and opossums that drink blood. Children who lie or disobey are told that they will turn into devils and burn in hell. They are told that badness is always punished in some unexpected way, such as being bitten by a mad dog, and that goodness is rewarded with good luck.

● [152] The sound of a child crying appears to be a particular source of irritation in adults, especially in men, and children are frequently frightened into silence by threats of punishment. The story of Cahuasohuanton, a spirit who listens outside the walls of the house and imitates the child crying, is told to frighten crying children into silence. The story, translated from the Náhuatl, goes as follows:

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[773] Once it happened that a child was crying a great deal, and his parents told him to lie down and go to sleep. He did not want to and sat near the hearth crying. His parents kept telling him to stop and then they fell asleep. After a while they awoke and heard a voice saying, "Cahuasohuanton yo ni concua," or "Cahuasohuanton has eaten him." The parents stood up and lighted a candle and there, near the hearth they saw the child dead, with his abdomen torn open and his intestines out and they knew that Cahuasohuanton had been there.

[776] Cahuasohuanton is a very fear-inspiring figure and children invariably cease crying when told that he is coming.

593 861 522 Frightening children is sometimes done for the amusement of adults. One informant remembered being very frightened as a child when his favorite uncle, after having told some ghost stories, suddenly told the child to run because a ghost was

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847 *curanderos* in other villages to "cure" themselves. However, the only approved method of limiting the number of pregnancies is to avoid intercourse as long as 842 possible after the birth of a child.

BIRTH

844 When the baby is expected, a curtain is hung to screen the bed of the expectant mother, and delivery takes place behind this. Poorer families hang up a *petate*. When labor pains begin, the midwife is called. Occasionally the husband will assist the wife, but the majority of women are embarrassed by his presence and insist that he leave. One of the underlying beliefs throughout the delivery is that difficulty is due to "cold" and that "heat" must be applied. The patient lies on a *petate* on the floor, and the midwife massages the abdomen, the back, and the hips, with various [278] heated oils and unguents. These may be oil of violet, white lily, rosemary or al- monds, or *altea*, depending upon the midwife. The heat and the massage is to [789] warm the infant, loosen it, and make it slip out more easily.

[278] The patient is then given a mixture of *tlatlauzcametl* with chocolate, sherry, and egg, to make the labor pains stronger, or *pimienta gorda* is boiled and given. The abdomen is massaged and rubbed all the while, and the mother is wrapped in a blanket to make her perspire. A *cenidor*, or sash, may be tightly bound around the waist at this time to keep the back from weakening and the bones from spreading and to prevent hemorrhage later. The patient may kneel at this stage, and the baby is delivered on the *petate* and wrapped by the midwife in a clean, warmed, old cloth. If it is a dry birth, the mother is given more *tlatlauzcametl*. In cases of difficult 845 or delayed births, the family, at the suggestion of the midwife, may buy a candle for 782 the Virgen de Monserrat, the guardian of pregnant women. The patient measures four fingers on the candle, a mark is made at that point with a centavo, and the candle is put before the image. If delivery does not occur before the flame reaches the mark on the candle, the case is considered very grave.

845 Delayed births are sometimes attributed to the fact that the woman does not bear down at the proper time, and attempts are made to eject the child by provoking [825] nausea and vomiting. This may be achieved by putting a chicken feather or the tail of an opossum into the woman's mouth.[10] The tail is sometimes cooked and given [278] as a drink. The woman may also be given her husband's urine or the dirty soapy water in which he has washed his hands. It is believed that when a woman in labor breathes out or screams every time she feels pain, the child rises instead of descends. The mother is given something to bite on, usually her braid, and is told to keep her mouth closed. Even speaking is discouraged. It may be such practices, found in [152] many parts of Mexico, which have led observers to describe Mexican Indian women as stoical during childbirth. In Tepoztlán, women frequently pray and scream when they suffer severe pains, and only the *más valientas* are quiet.

Difficult births and extended labor, sometimes over several days, are not uncom-

[171] [10] In Tzintzuntzan, the woman's braid is forced down her throat.